

# Santa Clara Senior Center *News*

May 2011

## Meet Lucy the Goose....

*We read a wonderful little story about geese and how they work together to support each other, share the load, and keep each other flying towards the goal. The ideas in this parable exemplify the principles that guide our work and our relationships here at the Senior Center. In a sense, as seniors, staff, and participants, we are all part of the flock.*

*As a symbol of our fellowship, we have created "Lucy the Goose," who is here to remind us that we are all in it together as a community. The first flock of Lucys were created with love by Yolanda Bravo Mendieta of Diriamba, Nicaragua, the mother-in-law of our staff member, Judy Borrego-Mendieta. You will be seeing them around the Senior Center, so we just wanted to let you know what the gaggle was all about. Here's the original story....*



*Yolanda Bravo Mendieta  
of Diriamba, Nicaragua.*

## SENSE OF A GOOSE

**Dr. Harry Clark Noyes**

When you see geese flying along in "V" formation, you might consider what science has discovered as to why they fly that way:

As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone, and quickly gets back into formation to take advantage of the lifting power of the bird in front.

If we have as much sense as a goose, we will stay in formation with those people who are headed the same way we are.

When the head goose gets tired, it rotates back in the wing and another goose flies point.

It is sensible to take turns doing demanding jobs, whether with people or with geese flying south.

Geese honk from behind to encourage those up front to keep up their speed. What messages do we give when we honk from behind?

Finally, and this is important, when a goose gets sick or is wounded and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own, or with another formation to catch up with their group.

If we have the sense of a goose, we will stand by each other like that.



**Santa Clara Parks and Recreation Department  
1303 Fremont St., Santa Clara, CA 95050**

**(408) 615-3170 • [www.santaclaraca.gov](http://www.santaclaraca.gov) • [custservsrcenter@santaclaraca.gov](mailto:custservsrcenter@santaclaraca.gov)**

**Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM**

**(The office closes 30 minutes prior to the building)**



# Index

|  |             |
|--|-------------|
| Senior Center Services . . . . .             | page 2      |
| Classes, Meetings . . . . .                  | page 3      |
| Health & Wellness, Care Management . . . . . | page 4-5    |
| Calendar . . . . .                           | page 6-7    |
| Dining Out (Nutrition Program) Menu. . . . . | page 8      |
| Fitness Center and Natatorium . . . . .      | page 10     |
| Adventures to Go . . . . .                   | pages 11-12 |

## SERVICES FOR SENIORS AVAILABLE AT THE SENIOR CENTER

All numbers are area code (408) unless otherwise noted.

|  | Provider   | Phone/Website  |
|--|--|--|
| <b>Bus and lightrail passes</b><br>Monthly bus and light rail pass stickers for Regional Transit Discount Card   | Valley Transportation Authority                                    | 321-2300<br>www.vta.org                                      |
| <b>Care Management Services</b><br>Services available by appointment: in-home assessment, connection to community resources, service coordination<br>Services available to City of Santa Clara seniors age 60+   | Santa Clara Parks & Recreation and Council on Aging Silicon Valley | 615-3170<br>www.santaclaraca.gov<br>www.coasiliconvalley.com |
| <b>Health and Wellness Services</b><br>Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure and blood glucose screening<br>Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am Services available to City of Santa Clara seniors age 50+ | Santa Clara Parks & Recreation                                     | 615-3170<br>www.santaclaraca.gov                             |
| <b>Health Insurance &amp; Medicare Counseling (HICAP)</b><br>Free information and assistance on Medicare related issues<br>Tuesdays by appointment. Services available to anyone on Medicare   | Council on Aging Silicon Valley                                    | 615-3170<br>www.coasiliconvalley.com                         |
| <b>Help At Home</b><br>Information, resource, and referral services for seniors at home<br>Services available to City of Santa Clara seniors age 50+   | Santa Clara Parks & Recreation                                     | 615-3170<br>www.santaclaraca.gov                             |
| <b>Legal Assistance</b><br>Free legal assistance available two Wednesdays per month, by appointment<br>Services available to Santa Clara County seniors age 60+  | Senior Adult Legal Assistance (SALA)                               | 615-3170<br>www.sala.org                                     |
| <b>Notary Service</b><br>Free service by appointment, Fridays 8:00-9:00 am<br>Signer must be present and provide government issued identification<br>Services available to City of Santa Clara seniors age 50+   | Volunteer  | 615-3170<br>www.santaclaraca.gov                             |
| <b>Dining Out</b><br>Nutritionally balanced lunch served<br>Monday-Friday 11:30 am Call one day ahead for reservations, \$2.50 donation<br>Services available to Santa Clara County seniors age 60+  | Santa Clara Parks & Recreation and Santa Clara County              | 615-3174<br>www.santaclaraca.gov                             |
| <b>Tax Assistance</b><br>Offered throughout the year to seniors age 50+  | AARP volunteers  | 615-3170   |

A complete listing of resources for seniors is available online @ [www.santaclaraca.gov](http://www.santaclaraca.gov) or at the senior center.

## CLASSES, MEETINGS AND MORE

### Lunch Meet

**May 19 • (3rd Thursday of each month)**

**12:30-1:30 p.m. • Senior Center Mezzanine**

Burned, Bamboozled, & Hoodwinked; don't let it happen to you! Are you concerned about your safety? Do you know how to spot a con artist? Have you heard about the latest scams? Do you know what to do if any of these unfortunate events happen to you or someone you know? Learn about fraud, scams, ID theft, and steps you can take to help ensure your safety. Join us at our May Lunch Meet program as Deanna Black; Community Service Officer II from our Santa Clara Police Department highlights these topics. Deanna has more than 21 years of experience with our police department. A question and answer session will follow Deanna's presentation. All are welcome to attend. There is no pre-registration required. This is a free program. Bring your lunch if you would like.

### Jazz Dance

**Tuesdays 1:00–2:00 p.m. • Ongoing through August**

Register on a monthly basis; Santa Clara senior discount applies. This class is designed for those who want to strengthen their balance, flexibility, memorization and gross motor coordination. Participants will learn basic jazz dance technique, steps, combinations and routines. All levels are welcome.

### No Falls S.O.S.

**Tuesday, Thursday 11:00–11:30 a.m.**

**Ongoing through August**

Register on a monthly basis; Santa Clara senior discount applies. Stretch, Observe & Strengthen your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register.

### Jazzercise with Jerome!

**Monday and Wednesday • 7:30–8:30 a.m.**

Join Jerome as he brings his fun filled, energizing and rejuvenating jazz technique-based program to mornings at the Santa Clara Senior Center. Registration available at the Santa Clara Senior Center and online at [www.santaclaraca.gov](http://www.santaclaraca.gov).

### Welcome Newcomers

**3rd Thursday of each month**

**10:30-11:30 a.m. • Rm 205**

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. We'll share some history of the center, describe our role in the community, and let you in on the secret to our success. You will get to ask questions and we'll do our best to provide thoughtful answers; an escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary and the service is free of charge.

### Lapidary

**Thursdays and Fridays • 9:00 a.m.–1:00 p.m.**

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate.

### Woodshop

**Tuesdays and Thursdays • 8:00 a.m.–12:00 p.m.**

The Woodshop is a great place to work on small projects and repairs. Join our volunteers and enjoy the art of woodworking. Registration/Release is needed to participate.

### Woodshop Orientation

**May 11 & 25 • 9:30–11:30 a.m. • \$10**

This orientation is intended to provide a basic introduction to the hand tools, power tools and machines available for use. It is an introduction to operational and safety procedures of the Senior Center's woodshop. New users will be shown where to find materials and equipment in the Woodshop. Set up procedures and clean up procedures will be reviewed with students as well.

## HEALTH & WELLNESS, CARE MANAGEMENT

### Springtime Greetings from the Health & Wellness Nurses!

A very enthusiastic thank you to the Women's League and Showtime cast/crew for a terrific time at this year's production at the CRC in March. We cheered, we laughed, we boo'd, and we appreciated all the hard work and long hours it took to provide such a good time. Thanks to you all for supporting the Health & Wellness Program – we are grateful.

Spring is a time of renewal for many, but getting and staying motivated is key to successfully achieving your goals. Whether you wish to improve your mobility and fitness, bring your blood sugar into line with your doctor's recommendations, or increase meaningful interactions with the community, Jodie and Mallory are available to help you explore your goals. Book an appointment with the front desk and let's work together to determine what will help you stay forward-moving. We want to be your best cheerleaders!

Get up and get moving! – Mallory and Jodie

### The Health & Wellness Program

Registered nurses are available Monday-Friday by appointment to discuss health information, education, referrals to resources, and screenings for blood pressure and glucose levels. Our focus is on helping seniors achieve optimum health and independence by connecting them with activities, services, and information. Please contact the Senior Center front desk to make a free appointment.

### Care Management

The Care Management program empowers older adults to live independently in the community. One service that the care manager can provide is assistance filling out applications for food, transportation, or utility discounts. Adults age 60+, living in Santa Clara are eligible for care management services, free of charge. Please contact the Senior Center front desk to make a free appointment.

### Walk 'n' Talk

**Wednesdays • 10:00–11:00 a.m.**

Burn some calories and meet new friends on a self-paced walk around the block (3 laps = 1.2m). We leave the lobby at 10:00 a.m., walk, then join up again on the patio for some friendly conversation (or multi-purpose room if it's too cold). There is no fee; all are welcome.

### Blood Pressure Clinic

**Thursdays 9:30–11:30 a.m.**

Now on Thursdays! Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

### Wellness Series – Keep Watching This Space

Details on our summer series of classes, beginning in June, will be posted in next month's newsletter. Series topics, taught by Senior Support Services staff, will include: **Clutter 101** (understanding the basics), **Get Out of the Dumps** (dealing with the blues), **Better Shut Eye** (sleep deprivation and hygiene), **Arthritis** (adapt every day life to your needs), **Give Care and Take Care** (juggling it all as a family caregiver), and **Pain: Speak Up, Don't Give Up** (how to manage chronic pain). Registration will be required in advance. All six classes are \$30 for the series, or \$7 per class. Santa Clara senior discount is \$25 for the series or \$5 per class.

### Clutter Masters

**2nd and Last Thursday of each month**

**10:30 a.m.–12:00 p.m.**

Please join us for support and information.

### A Few Good Men

**Fridays • 12:30–2:00 p.m.**

Need to get out of the house and enjoy the company of a few other good men? Join other men as they share some stories, explore the process of getting older and learn about their health. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

**For more information  
please call (408) 615-3170 or email  
[custservsrcenter@santaclaraca.gov](mailto:custservsrcenter@santaclaraca.gov)**

## ALWAYS HAPPENING

### Games, Games, Games...

**Every Monday and Wednesday in the Auditorium  
1:00-3:00 p.m.**

Have you heard? We play all sorts of games including, Dominos, Mexican Train, Dice, Cribbage, Mah Jongg, and more. Recently added to the mix is Intermediate Bridge. Join the fun, visit with old friends, and make new ones. Drop in anytime. Recently added to the mix is INTERMEDIATE BRIDGE, 12:30-3:00pm. As a reminder, 4 players are needed in order to add an additional Bridge table to the mix. If you have questions, please stop by before or after the session.

### Dining Out

**Served Monday-Friday • 11:30 a.m. • \$2.50 donation.  
Call our reservation hotline at (408) 615-3174**

Visit with old friends or make new ones while enjoying a nutritionally balanced, hot lunch. Menus, constructed by a dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Please make your reservation no later than 11:30 a.m., one day prior to the day you would like to eat so that a meal can be ordered for you. Services available to Santa Clara County seniors age 60+.



### Ballroom Dancing

**Tuesdays and Thursdays • 7:30-10:30 p.m.**

Dancing is a great way to exercise, socialize, and connect with friends new and old. We dance on one of the best wooden floors in Santa Clara. The building is air conditioned and coffee, water, and sweets are served during intermissions. Free dance lessons (Waltz, Fox Trot, Latin and more) are offered from 6:30-7:30 p.m. Admission to the dances is \$6 when live bands play and \$5 when hosted by a DJ. On the first Tuesday of each month a selected couple demonstrates a dance of their choice during intermission and then we all line dance to Elvira and the polka. Check our monthly newsletter or visit our website for the monthly calendar which lists the bands and DJs who will perform ([www.santaclaraca.gov](http://www.santaclaraca.gov)).

### Santa Clara Women's League

**2nd Tuesday of each month • 1:00 p.m.**

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.

### Santa Clara Men's League

**4th Thursday of each month • 11:30 a.m.**

The Men's League gets together for lunch, informational speaker, and socialization. Speaker topics vary from each month. Membership information is available at the Santa Clara Senior Center. New members are always welcome.

### Senior Advisory Commission Meeting

**4th Monday of each month • 10:00 a.m.**

Open to the public. Meeting agendas are posted in the Senior Center lobby and online at [www.santaclaraca.gov](http://www.santaclaraca.gov).


#### Senior Advisory Commission

Alice Pivacek, Chairperson

Dwight Collins • Frank Kadlecsek • Foster Lopes

Donna Marencia • Chuck Roberts • Duane Zampedri




| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|--|---|---|--|--|
| <div>2</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Games, Games, Games 1-3</div>  | <div>3</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Wood Shop 8:30-12<br/>Cards-Poker 8-10:30<br/>Bridge/Pinochle/Canasta 12-3<br/>Bingo 12:15-2:15</div> <div>TGA Tuesday Dance<br/>Colin Dickie, DJ theme<br/>“Cinco de Mayo” • 7:30-10:30pm</div>                               | <div>4</div> <div>Billiard Room 7-4:30<br/>Computer Lab Closed<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Bridge 9-11:30<br/>Walk ‘n’ Talk 10:00<br/>Games, Games, Games 1-3</div>                   | <div>5</div> <div>ADVENTURES TO GO<br/>PULP FASHION 8:45<br/>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Lapidary 9-1<br/>Wood Shop 8:30-12<br/>Blood Pressure Drop-In 9:30-11:30</div> <div>Thursday Night Dance<br/>GERI FOLEY, DJ • 7:30-10:30pm</div> | <div>6</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Lapidary 9-1<br/>Bingo 12:15-2:15</div>  | <div>7</div> <div>Snack Bar, Computer Lab, Billiards 9-11:30</div>   |
| <div>9</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Games, Games, Games 1-3</div>  | <div>10</div> <div>ADVENTURES TO GO<br/>SACRAMENTO DISCOVERY TOUR 7:30<br/>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Wood Shop 8:30-12<br/>Cards-Poker 8-10:30<br/>Bridge/Pinochle/Canasta 12-3<br/>Bingo 12:15-2:15</div> <div>TGA Tuesday Dance<br/>Nob Hill Sounds • 7:30-10:30pm</div> | <div>11</div> <div>Billiard Room 7-4:30<br/>Computer Lab Closed<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Bridge 9-11:30<br/>Walk ‘n’ Talk 10:00<br/>Games, Games, Games 1-3</div>                  | <div>12</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Lapidary 9-1<br/>Wood Shop 8:30-12<br/>Blood Pressure Drop-In 9:30-11:30</div> <div>Thursday Night Dance<br/>THE CASUALS • 7:30-10:30pm</div>  | <div>13</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Lapidary 9-1<br/>Bingo 12:15-2:15</div> | <div>14</div> <div>Snack Bar, Computer Lab, Billiards 9-11:30</div>  |
| <div>16</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Games, Games, Games 1-3</div> | <div>17</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Wood Shop 8:30-12<br/>Cards-Poker 8-10:30<br/>Bridge/Pinochle/Canasta 12-3<br/>Bingo 12:15-2:15</div> <div>TGA Tuesday Dance<br/>Nob Hill Sounds theme<br/>“Hawaiian” • 7:30-10:30pm</div>                                    | <div>18</div> <div>Billiard Room 7-4:30<br/>Computer Lab Closed<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Bridge 9-11:30<br/>Walk ‘n’ Talk 10:00<br/>Games, Games, Games 1-3</div>                  | <div>19</div> <div>WELCOME NEWCOMERS! 10:30<br/>Computer Lab/ Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Lapidary 9-1<br/>Wood Shop 8:30-12<br/>Blood Pressure Drop-In 9:30-11:30</div> <div>Thursday Night Dance<br/>LYRATONES • 7:30-10:30pm</div>                  | <div>20</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Lapidary 9-1<br/>Bingo 12:15-2:15</div> | <div>21</div> <div>ADVENTURES TO GO<br/>SF GIANTS VS. OAKLAND ATHLETICS1:00<br/>Snack Bar, Computer Lab, Billiards 9-11:30</div> |
| <div>23</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Games, Games, Games 1-3</div> | <div>24</div> <div>ADVENTURES TO GO<br/>CACHE CREEK 7:30<br/>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Wood Shop 8:30-12<br/>Cards-Poker 8-10:30<br/>Bridge/Pinochle/Canasta 12-3<br/>Bingo 12:15-2:15</div> <div>TGA Tuesday Dance<br/>The Casuals • 7:30-10:30pm</div>                   | <div>25</div> <div>LET’S TALK TRAVEL 12:30<br/>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Bridge 9-11:30<br/>Walk ‘n’ Talk 10:00<br/>Games, Games, Games 1-3</div> | <div>26</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Cards-Poker 8-10:30<br/>Lapidary 9-1<br/>Wood Shop 8:30-12<br/>Blood Pressure Drop-In 9:30-11:30</div> <div>Thursday Night Dance<br/>NOB HILL SOUNDS • 7:30-10:30pm</div>  | <div>27</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Lapidary 9-1<br/>Bingo 12:15-2:15</div> | <div>28</div> <div>Snack Bar, Computer Lab, Billiards 9-11:30</div>  |
| <div>30</div> <div>Center Closed<br/>Memorial Day Holiday</div>  | <div>31</div> <div>Computer Lab/Billiard Room 7-4:30<br/>Snack Bar 8-4<br/>Wood Shop 8:30-12<br/>Cards-Poker 8-10:30<br/>Bridge/Pinochle/Canasta 12-3<br/>Bingo 12:15-2:15</div> <div>TGA Tuesday Dance<br/>10th Avenue Band • 7:30-10:30pm</div>  | <div></div> <div>Remembering<br/>Our Nation’s<br/>Armed Forces</div>   |   |  |  |


# DINING OUT


May 2011


Dining Out Reservations (408) 615-3174

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <b>5/2</b><br>Roast Pork w/Applesauce, Bread Dressing, Red Cabbage w/Apples, Green Beans & Tomato, Pineapple Tidbits | <b>5/3</b><br>Baked Fish w/Lemon Sauce, Beef Barley Soup, Oven Baked Red Potatoes, Seasoned Diced Carrots & Corn, Fortified Juice, Sugar Cookie | <b>5/4</b><br>Beef Mushroom Patty, Whipped Potatoes w/Gravy, Cabbage & Carrots, Fresh Orange | <b>5/5</b><br>Beef Enchilada w/Cheese, Spanish Rice, Lettuce & Tomato Salad, Refried Beans, Flan | <b>5/6</b><br>Italian Herb Chicken, Seasoned Brown Rice, California Blend Vegetables, Cucumber Tomato & Onion Salad, Fresh Fruit in Season, Mother's Day Cake & Ice Cream |

|  |   |  |  |  |
|--|---|--|--|--|
| Alternative Meal for 5/2-5/6: Chef Salad or Vegetarian Bean Salad or Tuna Salad Sandwich or Vegetarian Patty Burger.  |   |  |  |  |
| <b>5/9</b><br>Hot Roast Beef w/Gravy, Whipped Potatoes w/Gravy, Calif. Blend Vegetable, Fresh Fruit in Season  | <b>5/10</b><br>Baked Fish w/Tarter Sauce, Seasoned Brown Rice, Spinach Tossed Salad w/Ital Dressing, Succotash, Fortified Juice, Oatmeal Cookie | <b>5/11</b><br>Chicken Adobo w/Gravy, Cream of Broccoli Soup, Asian Soba Noodles, Asian Blend Vegetables, Carrot Raisin Salad, Fortified Juice, Rice Pudding | <b>5/12</b><br>Stuffed Cabbage Roll, Whole Grain Bread, Capri Blend Vegetable, Romaine Iceberg Salad w/Thou Is., Fresh Fruit in Season | <b>5/13</b><br>Chicken w/Supreme Sauce, Biscuit, Parslief Potatoes, Broccoli & Cauliflower, Fruit Cocktail |

|   |   |   |   |   |
|---|---|---|---|---|
| Alternative Meal for 5/9-5/13: Chinese Chicken Salad or Vegetarian Cottage Cheese Salad or Turkey Sandwich or Vegetarian Patty Burger  |   |   |   |   |
| <b>5/16</b><br>Cheeseburger w/Lettuce & Tomato, Chuck Wagon Corn Conetti Coleslaw, Fresh Fruit in Season, Chocolate Cookie  | <b>5/17</b><br>Orange Glazed Chicken, Vegetable Soup, Brown Rice Pilaf w/Mushrooms, Broccoli Cuts, Cucumber, Tomato & Onion Salad, Fresh Fruit in Season, Ice Cream Cup | <b>5/18</b><br>Pork Cutlet w/Gravy, Seasoned Noodles, Calif. Blend Vegetable, Garden Vegetable Salad, Chilled Pears | <b>5/19</b><br>Roast Turkey w/Gravy, Whipped Potatoes w/Gravy, Mixed Vegetables, Mandarin Oranges | <b>5/20</b><br>Beef Swiss Style Patty w/Gravy, Seasoned Whole Grain Pasta, Peas & Carrots, Sweet Relish Slaw, Fortified Juice |

|   |  |   |  |  |
|---|--|---|--|--|
| Alternative Meal for 5/16-5/20: Tuna Salad or Vegetarian Cottage Cheese Salad or Pastrami Sandwich or Vegetarian Patty Burger  |  |   |  |  |
| <b>5/23</b><br>Turkey a la King, Split Pea Soup, Biscuit, Broccoli Cuts, Romaine Tossed Salad, Fortified Juice, Almond Poppy seed Cake, Fortified Juice   | <b>5/24</b><br>Baked Fish w/Dill Sauce, Seasoned Brown Rice, Peas & Onions, Escalloped Tomatoes, Chilled Peaches | <b>5/25</b><br>Roast Beef w/Gravy, Whipped Potatoes, Spinach, Tropical Fruit Cup, Tapioca Pudding | <b>5/26</b><br>Roast Pork Sandwich w/BBQ Sauce, Hawaiian Carrots, Marinated Green Bean Salad, Fresh Orange | <b>5/27</b><br>Chicken Burrito w/Salsa, Green Pepper/Onions/Picante, Pinto Beans, Tossed Green w/Red Cabbage w/Ranch, Fresh Banana |

|  |   |  |  |  |
|--|---|--|--|--|
| Alternative Meal for 5/23-5/27: Chicken Pasta Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger  |   |  |  |  |
| <b>5/30</b><br><b>Holiday</b><br><b>No Meal</b>  | <b>5/31</b><br>Roast Pork w/Gravy, Delmonico Potatoes, Broccoli & Cauliflower, Fresh Fruit in Season, Apple Pie | <h1>Remember Our Country's Heroes on MEMORIAL DAY</h1> |  |  |

Alternative Meal for 5/30-5/31: Chef Salad or Vegetarian Cottage Cheese Salad or Ham Sandwich or Vegetarian Patty Burger.



= Higher in sodium

## Did You Know?

The Department of Health and Human Services Administration on Aging (AOA) has designated May as Older Americans Month. The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

The AOA can provide:

- A profile of older Americans
- Information, Programs, Resources, and Services available to older Americans through the Older Americans Act
- Healthy Aging resources and information
- Emergency Preparedness Information
- A wide range of information on topics of concern to older Americans

Contact the AOA at [www.aoa.gov](http://www.aoa.gov) or call 800-677-1116

## Showers, Hot Water, and You

There are a few considerations worth mentioning when discussing hot water at the senior center. First and foremost, staff are concerned with safety. According to the American Burn Association, seniors are at a greater risk of scalds and burns due to chronic health conditions (such as diabetes), sensory deficits due to medications, and thinner skin due to aging. To avoid the potential of scalding, water leaves the water heater at a temperature which may be different than what you have set at home. While water temperature drops as it travels to the showers it can be adjusted by using the hot and cold mixing valves in the shower stall. At peak times there may be as many as 13 showers running at the same time so another factor to consider is demand. (The senior center has a 300 gallon water heater.) If 13 showers are running at the same time, are set at maximum demand for hot water, and citizens opt to take a leisurely shower, the hot water will run out sooner. Our advice:

1. Shower with warm water rather than hot,
2. Take a quick shower lasting about three minutes,
3. Change into and out of your clothes in the changing area,
4. Plan your shower at a time when there is not peak demand.

## Have an idea or a skill to share?

If you have suggestions for a new class or program at the Senior Center, we want to hear from you! We're also looking for talented people to teach new classes. Please call Jon Kawada at (408) 615-3743 or email [jkawada@santaclaraca.gov](mailto:jkawada@santaclaraca.gov) to share your ideas.

**AMERICANS WITH DISABILITIES ACT (ADA)** – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at (408) 615-2220.



# FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

**The Fitness Room and Natatorium are open Monday–Friday 7:00 a.m.–4:30 p.m. • Saturday 9:00–11:30 a.m.** (Please check the schedule for when the Natatorium is closed for classes or cleaning)

## Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the “Fitness Center Orientation Video.” The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

### Tips to Use the Spa Safely

The Centers for Disease Control (CDC) recommend that you:

- Don’t use the spa while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise/lower blood pressure.
- Pregnant women, elderly persons, and persons with heart disease should not enter the spa without prior medical consultation and permission from a doctor.
- Observe reasonable time limits. Generally, 15 minutes or less is recommended. Leave the water to cool down before returning for another brief stay.



**Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:**

Monday: 7:00 am–1:30 pm • Wednesday & Friday: 7:00–10:00 am and 11:00 am–1:30 pm • Tuesday & Thursday: 3:00–4:30 pm

**Lanes #2 & #3 are always designated for swimmers only.**

### Open Lap Pool Schedule

| Monday        | Tuesday       | Wednesday      | Thursday      | Friday         | Saturday     |
|---------------|---------------|----------------|---------------|----------------|--------------|
| 7:00am-1:30pm | 7:00am-1:30pm | 7:00-10:00am   | 7:00am-1:30pm | 7:00-10:00am   | 9:00-11:30am |
|               |               | 11:00am-1:30pm |               | 11:00am-1:30pm |              |
| 3:00-4:30pm   | 3:00-4:30pm   | 3:00-4:30pm    | 3:00-4:30pm   | 3:00-4:30pm    |              |

### Open Warm Water Pool Schedule

| Monday       | Tuesday      | Wednesday    | Thursday     | Friday       | Saturday     |
|--------------|--------------|--------------|--------------|--------------|--------------|
| 7:00-9:00am  | 7:00-9:00am  | 7:00-9:00am  | 7:00-9:00am  | 7:00-9:00am  | 9:00-11:30am |
| 12:30-1:30pm | 12:30-1:30pm | 12:30-1:30pm | 12:30-1:30pm | 12:30-1:30pm |              |
| 3:00-4:30pm  |              | 3:00-4:30pm  |              | 3:00-4:30pm  |              |

# ADVENTURES TO GO

## Adventures to Go...

### Carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly *Adventures to Go newsletter* with details for all our upcoming trips is available at the Senior Center or online at [www.santaclaraca.gov](http://www.santaclaraca.gov). Drop by the Senior Center or call (408) 615-3170 for registration information.

**Senior Center Registration Form:** Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

**Adventures to Go Participation Guidelines:** For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

**Trip Pick-Up/Drop-Off Area:** Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified. Driver gratuity is included in price of tour.

---

### Day/Overnight Trips

Pulp Fashion, May 5

Sacramento Discovery Tour, May 10-11

SF Giants vs. Oakland Athletics May 21

Cache Creek, May 24

Oakland A's vs. New York Yankees, June 1

Day at Pier 39, June 14

Black Oak Casino, June 21

Independence Getaway/Hearst Castle, July 3-5

Billy Elliot, July 13

SF Giants vs. LA Dodgers, July 20

### New Trips

New trips were released at *Let's Talk Travel* on April 27 and Resident Registration began at that time. Non-resident Registration began on the following Monday. For trip details, see the May issue of the *Adventures to Go Newsletter*. You may pick up a copy at the Senior Center or view it online at: [www.santaclaraca.gov](http://www.santaclaraca.gov) under Parks & Recreation and Senior Center.

*The following trips were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.*

### Cache Creek

**No. 42594 • Tuesday, May 24**

**\$40 per person**

**Activity level: MEDIUM – long drive; periods of walking, standing, and sitting.**

Try your luck at Cache Creek Indian Casino in the City of Brooks. You'll have 5 hours at the casino to gamble and enjoy a no-hosted lunch at one of the restaurants or the buffet. You will receive bonuses of \$10 match play and \$5 food credit. Remember to bring your Cache Club membership card for added bonuses and a Govt. issued photo ID in order to collect and receive any bonuses or winnings. (Refund packages are subject to change without notice). *Bus leaves promptly at 7:30 AM and returns at approximately 5:30 PM.*

### Oakland A's vs. New York Yankees

**No. 42474 • Wednesday, June 1**

**\$69 per person**

**Activity level: MEDIUM – long walk to seats from bus.**

There's no better place to relax than at the ballpark. Enjoy Field Level seating at the Oakland Coliseum and watch the A's take on A-Rod, Derek Jeter, former Athletic Eric Chavez, and the rest of the dynamic Yankee team. See former Yankee Hideki Matsui, the new designated hitter for the A's, and a much improved pitching staff that's expected to help the team contend for the American League West Title. *Bus leaves promptly at 10:15 AM and returns at approximately 5:30 PM.*

### Day at Pier 39

**No. 42597 • Tuesday, June 14**

**\$37 per person**

**Activity level: MEDIUM – long drive; periods of walking, standing, and sitting.**

Enjoy a leisurely day at Pier 39 to do what you please. There will be plenty of time to browse through the shops, have lunch, people watch, and even take a boat ride. Lunch and activities are not included in fee. *Bus leaves promptly at 9:00 AM and returns at approximately 4:30 PM.*

## ADVENTURES TO GO

### Black Oak Casino

**No. 42763 · Tuesday, June 21**

**\$40 per person**

**Activity level: MEDIUM – long drive; periods of walking, standing, and sitting.**

Black Oak Casino is located in Tuolumne and is operated by the Me-Wuk Indians. The casino offers a variety of slots and table games. Upon arrival you will receive a bonus of \$10 cash and a \$5 food credit. You will be on your own for 4 hours to enjoy the casino and have lunch. Remember to bring your Players Club card to increase your bonuses and a Govt. issued photo ID. Refund packages are subject to change without notice. *Bus leaves promptly at 7:30 AM and returns at approximately 5:30 PM.*

### Independence Getaway/Hearst Castle

**No. 42764 · Sunday-Tuesday, July 3-5**

**Per person: \$492 double occupancy; \$668 single occupancy · Half the fee due at time of registration; balance due June 1**

**Activity level: MEDIUM/HIGH – long drive; periods of walking, standing, sitting; 404 steps and ¾ mile walk at Hearst Castle.**

Travel by deluxe motor coach to Cambria for a 3-day, 2-night “Celebration of Independence” getaway like no other. We’ll stay at the Cambria Pines Lodge, nestled on 25 wooded acres and featuring deluxe accommodations, an excellent restaurant featuring local wines, the fireside lounge offering nightly live entertainment, and world class gardens. Our hotel package includes a Welcome Banquet Dinner and hot breakfast each morning. On the first day, enjoy free time in Cambria and a hosted lunch at Linn’s Fruit Bin, known for its Ollieberry pie. On Monday we will mix with the locals at a down-home July 4th Independence Day Celebration offering a good old fashioned time. Activities include a parade, food booths, live entertainment, a pie eating contest, raffles with prizes, and a fabulous fireworks display. Tuesday will take us to Hearst Castle for docent led tour that focuses on the architectural elements and vast art collection. Featured rooms on this tour include: The Doge’s Suite, “The Cloisters” which are the guest rooms flanked by open walkways, the Library, the Gothic Suite which occupies the entire third floor and includes Hearst’s impressive private suite, library

and office, and the kitchen. Upper floors consist of approximately 404 stairs (up and down) and a ¾ mile route to walk. Duration of tour is 1 hour and 45 minutes with a considerable amount of standing. Accessible tour at Hearst Castle available upon request – space is limited – request must be made in advance. *Bus leaves promptly at 8:00 AM on Sunday and returns at approximately 6:00 PM on Tuesday.*

### Billy Elliot

**No. 42747 · Wednesday, July 13**

**\$118 per person**

**Activity level: LOW – small amount of walking and long period of sitting.**

Billy Elliott, the musical, is the show that has captured Broadway’s heart. Called ‘Extraordinarily uplifting,’ by Time Out New York and ‘intoxicating’ by The New York Times, Billy Elliott is a joyous, exciting and feel-good celebration that speaks to the need for big dreams in hard times, a theme that never gets old. Set in a small town, the story follows Billy who stumbles out of a boxing ring and into a ballet class, discovering a surprising passion that inspires his family and community. This 10-time Tony winner includes music by Elton John that will keep you humming. Enjoy orchestra level seating at the Orpheum Theatre. *Bus leaves promptly at 12:00 PM and returns at approximately 6:30 PM.*

### Let’s Talk Travel!

**Next meeting: May 25 • 12:30 p.m.**

**Presentation and release:  
Catalina Island/Queen Mary**

Join us and *Let’s Talk Travel!* We meet on the fourth Wednesday of each month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following *Let’s Talk Travel.*

Call (408) 615-3170 for more information.